

8/5/69

Dear Phil ,

Steppenwolf III is, I think, the most pleasing to the eye. I have just glanced at it (think I'll prefer the Nelson) and will lay it aside until I can relax with it. I ~~thanks~~ as I congratulate you. Both, that is.

I now have to do more relaxing and find ways of doing it. The pace and the accumulating problems apparently are beginning to tell. Before getting the issue I should have thought to write you. Perhaps you have some readily-available literature that can tell me what the doctors do not take time to.

The diagnosis was anxiety symptoms with, I think, acute ventillation. The nurse in the emergency room thought I was have a heart attack or a stroke and so treated me until the doctor arrived. I was not aware of any special anxiety and really thought I have been more relaxed this year than ever. It was a rather disquieting experience. I imagine that what has lingered is anxiety over the anxiety, but does a layman ever know and do we ever understand ourselves? There were no special problems with work, ~~but~~ the completed book will be more unpublishable than most of my others because it will be enormous. Perhaps it was subconscious realization of this. The original COUP D'ETAT is about 120,000 words, with an immense appendix. I've now written more than 100,000 more on the new information on the King murder (not yet completed). Although I haven't read any of it and cannot say how well it is done, I am ~~xxx~~ satisfied with the content and my analysis-investigations. I believe it will be an important work. So, unless there is something buried deeply or an unrealized sense of frustration, I do not think it was dissatisfaction with work. Is it correct this is one of the likely causes?

The fact is I know nothing about it save what my knowledge of the meaning of the words tells me, so if you can lend me anything to read ~~ix~~ on it so I can better understand it, I'd appreciate it.

I have made certain reformations. I'm supposed~~xt~~ to take 4 400 mg equanils a day, two before retiring, Sometimes I do. I never have trouble falling asleep but the two at night as supposed to help me sleep longer. I think they do. The problem is I awaken early, wide awake and rarin' to go. So, I stay abed if I awaken the old early hours. Sometimes during the day I'll take a nap, if I feel tired. We have a pool and, weather permitting, I'm in it frequently for short periods and, when there is a sun, I relax at least once, nude (possible here) as much as my fair skin will take. I have not been pushing myself.... The problems of which I am aware are those I think you'd expect. It is no fund accumulating debts and doing without the normal amenities. And I have taken upon myself an immense task. But it really doesn't bug me (I think). I expect to get it all done. Probably the most severe subconscious reaction may have been fear that my work will be delayed, for I regard it as urgent and vital, necessary.... My output is undiminished for the hours I work, and if I feel edgy I do other things... Hope you are well and happy. I hear nothing from N.O. except what I see in the papers... Again, thanks for the S. I hope it is as big a success as I am sure it deserves to be. Best you both.